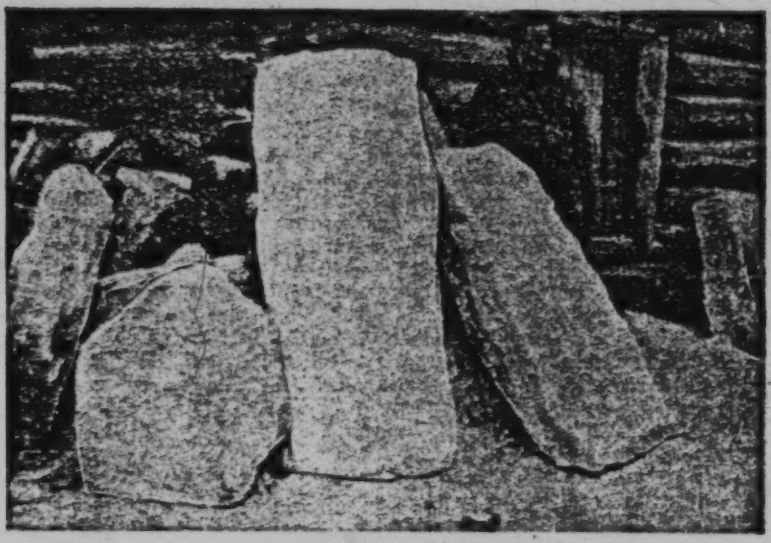
44: Gilder --180 J-2 (1882) 1883 Yakut
116, 263, 272

"It is impossible to imagine what these people would do without tea. It is the universal beverage, and they drink from four to fifteen cups at one meal, sometimes with milk and sometimes with sugar. The sugar is not put into the cup with the tea--it is too precious for that--but a lump is served to each person, and as he sips his tea he nibbles at the lump which is his portion for the meal."

53:Tokarev and Gurvich E-4 (no date) 1964
RV2 Yakut RV2



272

Frozen sour milk.

rated as a dish for guests or an accompaniment for other dishes; but most often the cream was churned into butter, also a favorite food of the Yakuts. Apart from normal melted butter, they made khayakh, a special variety of butter (made without removing the yuraga). Butter was readily consumed with the kumys, with bread, or simply without anything else in the liquid form; after frost or exhaustion, this drink quickly warms up the body and restores the strength; warm melted butter was sometimes drunk in large quantities at festivals, weddings, and so on. Naturally, the poorer people, and even the middle peasants, were only able to have such food on rare occasions. The Yakuts knew absolutely nothing of cheese or of the milk vodka known to the southern Siberian pastoralists. 262 [273]

The most important vegetable food for the poorer people had long been pine or larch sapwood. This not very nutritious substitute was made in the dry form for the winter and mixed with butugas, and was sometimes even the chief component of the latter. Greenery and berries were used as condiments for various dishes; the only berries not eaten by the Yakuts were raspberries, since they considered them to be unclean; nor did they eat mushrooms. [263]

In the 19th century agricultural products, chiefly barley flour, began to come into use. The grain was processed by primitive methods. The flour was used to bake unleavened cakes which were eaten with butter or with kyuerchakh (they were baked in the hearth on wooden spikes or in a frying pan); they fried fritters in butter and also consumed salamast, a thin porridge made of slightly roasted flour boiled in water with a little butter. Yakuts hardly knew about bread made with leavened dough. As regards vegetables, it was almost only in the Olekminskiy Okrug that they were known about and eaten.

A diet of fish was of exceptional importance in some of the northern regions where there were no cattle. In the central ulusy fish was eaten in